
Gay Dating Tips: First Date Tips for Shy Guys

Going out on your first date with a guy or meeting a guy for the first time can be a bit of a nerve racking experience, especially if you're one of those shy guys.

Let me tell you something; I'm one of those shy guys. But, this is one shy guy who decided that unless he did something about it, he was never going to get laid or have a boyfriend if he didn't get out there.

Here's my short list of the things that I have done or used in order to get over shyness, meet interesting guys and have a "successful first date".

But first, I've got to tell you, that I consider every date that I've ever gone on a success. Why? For starters, I'm still alive to talk and write about it. And because every date, no matter how lousy or dull was a learning experience and one more date that I DID go on.

The important thing is to get out there and start meeting guys; start making friends and get off the couch or out of your bedroom.

6 Tips for Your Successful First Date

1. Have confidence in yourself, your abilities and that the date will go well.

Guys are attracted to guys who have or exude confidence. Confidence is about knowing who you are, what you want and knowing that you'll get it.

2. Don't think of it as a date, think of it as meeting someone interesting, for lunch, dinner, drinks, coffee, or whatever it is you plan to do. By throwing away the "date" label you can get down to just having a pleasant outing with the guy with no "date expectations".

3. Relax and just be you. Trying to conjure up some sort of false persona is pointless, you might impress yourself for a second or two and maybe even the other guy for a moment; until he figures out it's all hype or "bull".

It's OK to be you and if the other guy isn't interested in you it's no big deal, because there's thousands and thousands of [gay](#) men out there.

4. Arrive a little bit early. I like to arrive at places a little early for a variety of reasons, but I've found it a helpful habit if I'm feeling a bit nervous or shy too.

When you're going out to a restaurant or a coffee shop, if you arrive a bit early you can go to the washroom without deserting your date, compose yourself, fix your hair, wash those sweaty palms and relieve yourself if necessary.

Arriving a little early or exactly on time also means that you won't be rushed and you won't be puffing out excuses as to why you were late. It just makes things easier and less stressed initially.

5. Dress for the occasion and location. You don't need to look like a Queer Eye for the Straight Guy makeover, but if you dress nicely and appropriately for the occasion and the location, you'll not only look great, you'll feel great. You'll be confident that you're in the right attire for wherever it is you're going out to.

And now, for my ultimate not-so-secret dating tip for shy guys...

6. Wear your "power underwear" when you go out on a date, especially your first date. If you don't have a pair of "power underwear", get some. The idea is to get something that makes you feel incredibly powerful and sexy.

I find that thongs in purple, red or black, fit the bill for my power underwear. They allow you to feel and be powerful, sexy, flirty, and confident; all the things you need on a date.

It doesn't matter if you don't end up in the sack or on the floor later on in the evening. Power underwear is something that can give the shy guy that extra little edge.

Wishing you joy and dating success!